Amendments to the Claims:

Following is a complete listing of the claims pending in the application, as amended:

1. (Currently Amended) An exercise system comprising:

~~a local system including at least one~~ an exercise apparatus ~~and at least one associated local computer, said at least one local computer controlling and monitoring the operation and use, respectively, of said at least one exercise apparatus;~~ providing a virtual personal training experience for a user of said exercise apparatus including a visual display and at least one of vocal instruction, comment and encouragement of a virtual personal trainer associated with the exercise experience of said user.

~~a remote system including at least one remote computer; and~~

~~a communication linkage including a packet network connection that at least part-time couples said local system to said remote system for data communication between said local system and said remote system, such that said remote system may receive local system data from said local system concerning said use of said exercise apparatus, and such that said local system may receive remote system data from said remote system concerning said operation of said exercise apparatus.~~

2. (Currently Amended) An exercise system as recited in claim 1 wherein said exercise apparatus ~~local system~~ is one of a plurality of exercise apparatus~~local systems~~, each of which is in at least part-time communication with a ~~said remote~~ computer~~, and wherein said~~ via a packet network coupling said plurality of exercise apparatus to said computer ~~operates on a TCP/IP protocol~~.

3. (Currently Amended) An exercise system as recited in claim 2 further comprising a ~~server system including at least one~~ server ~~computer~~ in at least part-time communication with said ~~remote~~ computer.

4. (Canceled)

5. (Currently Amended) An exercise system as recited in ~~claim 4,~~ claim 1 wherein said ~~local computer controls an operation of said exercise apparatus based upon a modifiable script stored in a read/write memory of said local computer~~ exercise experience includes the changing of an operating parameter of said exercise apparatus in a way that is associated with at least one of said vocal instruction, comment and encouragement of said virtual personal trainer.

6. (Canceled)

7. (Canceled)

8. (Currently Amended) A local system as recited in claim 5 wherein said exercise apparatus ~~includes at least one of a~~ is selected from the group consisting essentially of a bicycle, a rowing machine, a step machine, a treadmill, and a resistance trainer.

9. (Currently Amended) A local system as recited in claim 5 wherein said ~~script may~~ operating parameter is ~~include~~ a ~~resistance~~ difficulty setting for said exercise apparatus.

10. (Canceled)

11. (Canceled)

12. (Canceled)

13. (Canceled)

14. (Canceled)

15. (Currently Amended) A method for ~~controlling an exercise apparatus~~ creating an exercise experience comprising:

providing a vritual personal training experience for a user of an exercise apparatus including a visual display and at least one of vocal instruction, comment and encouragement of a virutal personal trainer which is associated with the exercise

experience of said user ~~running a modifiable script on a local computer to control the use and to monitor the operation of an exercise apparatus, said script being stored in read/write memory of said local computer, where the use~~ of said exercise apparatus ~~may be affected by said script and by said monitoring of said operation of said exercise device; and~~

~~communicating with a remote system via a network using a TCP/IP protocol to provide said remote system with data concerning said use of said exercise apparatus, and to receive from said remote system data including at least a portion of a modified script to be stored in a said read/write memory of said local computer.~~

16.   (Currently Amended) A method for <u>creating an exercise experience</u> ~~controlling an exercise apparatus~~ as recited in claim 15 ~~wherein said communicating comprises~~ <u>further comprising</u> establishing a communication linkage including an Internet link between said ~~local computer and said~~ <u>exercise apparatus and a</u> remote system.

17.   (Currently Amended) A method for ~~controlling an exercise apparatus as recited in claim 16 further comprising: communicating between said remote system and a server system, such that remote system data derived, at least in part, from said local computer can be communicated to said server system, and such that server data can be communicated to said remote system~~ <u>creating an exercise experience as recited in claim 15 wherein said exercise experience includes a changing of an operating parameter of said exercise apparatus in relation to said at least one of vocal instruction, comment and encouragement of said virutal personal trainer</u>.

18.   (New) An exercise apparatus comprising:

a frame;

a body-engaging member;

an acuator coupled between said frame and said body-engaging member;

a visual display; and

an audio display providing at least one of vocal instruction, comment and encouragement of a virutal personal trainer.

19.   (New) An exercise apparatus as recited in claim 18 further a comprising actuator controller coupled to said acuator.

20.   (New) An exercise apparatus as recited in claim 19 wherein said visual display can display images that are synchronized with said at least one of vocal instruction, comment and encouragement of said virtual personal trainer.

21.   (New) An exercise apparatus as recited in claim 20 wherein said acuator controller is sychronized with at least one of said visual display and said audio display.

22.   (New) An exercise apparatus as recited in claim 21 wherein control signals for at least one of said visual display, said audio display, and said actuator controller are at least temporarily digitally stored.